

# Kids Camp Packing List

## Clothing

*Quick drying fabrics are great for camp. Make sure you pack clothes you are comfortable getting dirty in.*

- Shorts
- T-shirts
- Sweatshirt or light jacket\*
- Rain jacket (just in case)
- Undergarments (pack extra)
- Socks (pack extra)
- Pajamas
- Towel
- Swimsuit (one piece for girls)
- Two pairs of shoes:
  - Water shoes or sandals. Flip flops are NOT appropriate for camp.
  - Sneakers or Trail Shoes. Closed toe shoes are required for some activities.

**LABEL EVERYTHING WITH CAMPER'S FULL NAME!!!**

## Toiletries

*Pack toiletries in a gallon size Ziploc bag to prevent spilling or leaks. Write camper's first and last name on bag in permanent marker.*

- Shampoo & conditioner
- Soap
- Toothbrush & toothpaste
- Deodorant
- Sunscreen
- Bug spray
- Shower shoes or sandals for bath house

## Bedding & Linens

- Twin size sheets or sleeping bag
- Pillow & pillowcase
- 2-3 Towels (1 for the pool; 1 for showering)
- Laundry bag or trash bag for dirty clothes & sheets

## Camp Essentials - ALL CAMPERS

- Bible & pen/pencil
- Reusable water bottle with camper's first and last name clearly written on it
- Flashlight
- Small backpack or bag to carry belongings around camp

## Optional Items

- Goggles for swimming
- Wristwatch
- Disposable camera
- Hat
- Sunglasses

## Medications

- All campers are required to turn in any medication to camp nurses on the day of departure. The camp nurses will administer medication at camp.
- Please put all medication in the **original pharmacy labeled bottle(s)** along with a signed copy of the **camp medication form** in a **sealed Ziploc bag with the camper's first and last name clearly printed on it.**

## Prohibited Items

*Do **not** bring the following items to camp.*

- Cell phones / Electronics
- Weapons of any kind
- Money
- Food containing nut products.
- LH Kids Camp is nut-free.